

The Sticky Stuff: Sticking Together through Resentment

Restoring relationships by overcoming bitterness

By Tim LaTour, June 29, 2025

Resentment feels justified ✓, but it keeps us paralysed ✓. Resentment only hurts one person: You ✓

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

1 Corinthians 13:4-5 NIV

Love keeps no record of wrongs... or rights ✓.

Meanwhile, the older son was in the field. When he came near the house, he heard music and dancing. So he called one of the servants and asked him what was going on. "Your brother has come," he replied, "and your father has killed the fattened calf because he has him back safe and sound." The older brother became angry and refused to go in. So his father went out and pleaded with him. But he answered his father, "Look! All these years I've been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!" "My son," the father said, "you are always with me, and everything I have is yours. But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found."

Luke 15:25-32 NIV

Grace ✓ welcomed both brothers in.

Resentment ✓ kept the older brother out.

What's more important, your resentment ✓ or your relationship ✓ ?

Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:31-32 ESV

1. **Release Resentment** – Because it's holding you back.
2. **Give Grace** – Because one day you'll need it.

3. Embrace Empathy – Because you’ve been there.

REFLECTION QUESTIONS

1. Who am I holding resentment towards, and what would it look like to release them with grace instead of keeping score?
2. Where do I need to lead with empathy – seeing the other person’s story instead of staying stuck in my own pain?